



Make Your Own Mattress

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TOOLS:

- [2 quart juice pitcher \(1\)](#)
- [kitchen scale \(1\)](#)
- [large clear bin \(1\)](#)
- [small bin \(1\)](#)

PARTS:

- [43 yards of circular woven 100% cotton fabric with an overall width of 12 inches \(1\)](#)
- [10 yards of circular woven, 100% cotton fabric with an overall width of 8 inches \(1\)](#)
- [160 pounds of buckwheat or millet hulls \(1\)](#)

SUMMARY

OpenYourEyesBedding.com is a resource for all your DIY mattress materials. Here is why I started this company:

A few years ago I needed a new mattress. It was obvious after a few days of mattress shopping, the only mattress I would be able to afford was a standard foam mattress, soaked with toxic foam and chemicals that most countries have banned the use of already.

After festering awhile over this injustice, it dawned on me that I could probably make my own mattress. Many years and many prototypes later, here I am with a design I am proud to share with the world. I have been helping others make their own mattresses since then and I now have [a small shop](#) where I sell materials. I buy my materials in bulk and put them together with E-book instructions to make DIY Mattress Kits.

My favorite natural mattress filling is organically grown, fresh (non-roasted) buckwheat and millet hulls and I found the perfect 100% cotton fabric with just the right amount of stretch to make hulls into a firm and supportive mattress that gently and gradually contours to your body through the night, allowing for a very comfortable and sound sleep.

Step 1 — Make Your Own Mattress



- Hop over to [Open Your Eyes Bedding](#) to see the two DIY mattresses I have designed.
- The photos on this step are the [Twist Original Kit](#). This design is meant to be used together with a [buckwheat hull mattress topper](#). It is a beautiful design but is a more advanced project than the Twist Easy Mattress that I am featuring in this Make Project.
- The main difference between the Twist Original and the Twist Easy design is if you are a true DIY'er, making a mattress from scratch ([not buying the kit from my shop](#)), the Twist Original requires a larger \$ investment in fabric and time. The Twist Original design also requires sewing skills.
- On the other hand, the project I am presenting here, **The Twist-Easy Mattress** is a **no sew** project that does not require any special skills and the fabric is much less of an investment.

Step 2



- <http://openyoureyesbedding.com/collectio...>
- To make your own Full size mattress (that can grow into a King size mattress) start with a 43 yard continuous roll of circular woven (seamless) cotton with an overall width of 12 inches.
- Cut seven, 18' - 4" lengths of the 12 inch wide, cotton fabric.

Don't forget to give your mattress a quick fluff before you get into bed each night. Your mattress will always feel like new. This mattress will never sag or lose its original shape.

You can use regular fitted sheets with this mattress. To create a pan to catch any broken hulls that could (and will) escape the weave of the fabric, simply invert an extra fitted sheet under your mattress and then put your regular fitted sheet on the regular way.

If you have been sleeping on a softer, foam mattress for a long time, this mattress may be an adjustment. Once you are used to the difference you may have a hard time sleeping anywhere else. Shift your hips, shoulders and legs to allow your body sink slightly

into the hulls. You will find using a thinner pillow will be more comfortable on a hull filled mattress.

You will want to protect your mattress from sharp objects or jewelry that may accidentally catch and pull the fabric. If you ever get a small hole, it will repair very easily with a few hand stitches or simply order additional fabric.

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